

## A NERVOUS BREAKDOWN

Miss Kelly Tells How Lydia E. Pinkham's Vegetable Compound Restored Her Health.

Newark, N. J.—"For about three years I suffered from nervous breakdown and got so weak I could hardly stand, and my head ached every day. I tried everything I could think of and was under a physician's care for two years. A girl friend had used Lydia E. Pinkham's Vegetable Compound and she told me about it. From the first day I took it I began to feel better and now I am well and able to do most any kind of work. I have been recommending the Compound ever since and give you my permission to publish this letter."—Miss FLO KELLY, 476 So. 14th St., Newark, N. J.

The reason this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, was so successful in Miss Kelly's case was because it went to the root of her trouble, restored her to a normal healthy condition and as a result her nervousness disappeared.

The Kaiser as a Killer. As an exterminator of life the Kaiser stands without an equal in all history; being the prime instigator of the present world conflict, he is responsible for the slaughter of millions of human beings, and figures given by a German forestry journal show that in 1908 he killed nearly 2,000 wild game animals, his total score up to that time being more than 61,700 pieces of game, including over 4,000 stags.—The Pathfinder.



## THE SPRING DRIVE

Our boys are going "Over the top" and into "No man's land" this spring. No one has any doubt of their ability to get there. There will also be a spring drive on this side of the ocean, because March is the year's "blue Monday." It is the most fatal month of the year. March and April is a time when resistance usually is at its lowest ebb. It is a trying season for the "run-down" man. But medical science steps in, and says, "It need not be!" We should cultivate a love of health, a sense of responsibility for the care of our bodies. Do not allow the machinery of the body to clog. Put the stomach and liver in proper condition. Take Dr. Pierce's Golden Medical Discovery, to be had at most drug stores in tablet or liquid form, tablets sixty-cents a vial, composed of native herbs. This puts the stomach and liver in proper condition. You may be plodding along, no spring, no elasticity, no vim, but as soon as you have put the body into its normal physical condition—oiled the machinery, as it were—you will find new vim, vigor and vitality within you. A little "pop," and we laugh and live. Try it now. Send Dr. Pierce, Buffalo, N. Y., 10c for trial package. A little energy will save the day. The prime necessity of life is health. With spirit and energy you have the power to force yourself into action. The Golden Medical Discovery is the spring tonic which you need.

## Mother Gray's Powders Benefit Many Children

Thousands of Mothers have found MOTHER GRAY'S SWEET POWDERS an excellent remedy for children complaining of Headaches, Colds, Constipation, Feverishness, Stomach Troubles and Bowel Irregularities from which children suffer at this season. These powders are easy and pleasant to take and excellent results are accomplished by their use. Used by Mothers for 31 years. Sold by Druggists everywhere, 25 cents. Trial package FREE. Address, THE MOTHER GRAY CO., Le Roy, N. Y.

Careless Papa. They are telling this one, which may or may not be true, in the centers of civilization along the Eastern seaboard. A youth hired as an office boy by a New York concern was explaining to his employer the necessity of his having steady employment. "You see," he said, "I have to help support my mother, because papa isn't with us any more." "Is he dead?" asked the head of the concern, sympathetically. "No, sir; he's not dead, but they've got him in jail." "In jail! What for?" "Well, sir, he used to work in a bank over in Jersey, and they accused him of taking samples home."—Saturday Evening Post.

Report never does a wise man harm. When Your Eyes Need Care Try Murine Eye Remedy. No Stinging—Just Eye Comfort. 15 cents a bottle. Write for Free Eye Book. MURINE EYE REMEDY CO., CHICAGO

## AMERICAN AID IS SENT TO THE FRONT

Fund for the French Wounded Is Highly Appreciated by the Fighters.

### COMMITTEE GIVEN A FEAST

Arab Cook Roasts Sheep Whole and Poilu, Formerly a Chef, Prepares the Dessert—Warm Praise for Americans.

Paris.—Of all the splendid troops of France the division stands among the very first. Long before the memorable days of 1914 it had made its reputation for bravery and hard fighting. Since then it has added many a glorious page to its history and won—at a heavy price, alas!—the highest honors that France has to give her valiant soldiers. All of the officers and most of the men are French, but there are also some regiments composed of native troops from France's largest and most important colonies. Some time ago the workers at the Nancy depot of the American Fund for French Wounded took supplies and comfort bags to two of their field ambulances. The gifts were greatly appreciated and on a return visit the American workers had the pleasure of seeing the wounded men arrayed in some of their nicest pajamas and hospital shirts, looking warm and comfortable. The doctors were loud in their praises and very grateful for the freestings and other things taken out, all of which were being used to good advantage.

This small eulogy is merely a preface that one may better understand the committee's feelings when an invitation came from General D— asking them to lunch at his headquarters, which are in a small village some four miles back of the lines in a quaint old farmhouse with a big courtyard in front. Here the regimental band was drawn up to greet them with a fanfare on their arrival. They continued to play throughout lunch, music quite unlike the usual military music, for they use their native instruments, mostly wind and of wood, and play weird, haunting melodies in a minor key. There is a touch of sadness in them and the call of the East as well.

### A Sheep Roasted Whole.

After the Americans had been welcomed by the general and his staff, luncheon was served, and a wonderful meal it was, for they introduced us to several native dishes, such as "lous-kous" and a whole roasted sheep that two soldiers carried around the table for the visitors to see and admire before it was cut up and served. An Arab cook had received twenty-four hours leave from the trenches to come and prepare it in true Arab fashion. The sweet was a work of art made by a "Poliu" who, in prewar days was the chef in a big pastry shop in Lyons. Flowers and fruit decked the table, and even menu cards were not lacking. In fact they were of especial interest, charming watercolor sketches of the various types of French soldier, from the old Territorial down to the debonair Colonial. They were the work of one of the companies of this division and had been fighting for France since the first days of the war.

After luncheon the Americans were invited to attend a musical review written by one of the officers. It was given in a barracks at one end of which the stage was erected. Then came the orchestra, well filled with soldier musicians, a few chairs for the "honored guests" and after that rows of benches. It was a full house. The singing and acting were all done by the soldiers, and it was extraordinary how much talent and ability they displayed.

### Warm Praise for Americans.

If this special soldier troupe should ever decide to tour the States our Mask and Wig and Hasty Pudding clubs would have to look to their laurels. In the last act a warm tribute was paid to the United States. They spoke not only of the nephews Uncle Sam was sending to help win the fight for justice and right, but also of their American sisters who, since the first days of war, have done so much to help lighten the heavy load that France is bearing. The scene was the Statue of Liberty.

## SLACKER SHUNNED IN PRISON

Fellow Inmates Are Rude to Man Sent Up for Failure to Register.

Chicago.—William Lawrence Sauer, bootmaker to Chicago's society before he became a mere shoemaker at the Bridewell, because he failed to explain to Judge Landis why he did not register for the draft, is not satisfied with his lot. He has petitioned the superintendent of the Bridewell to take him out of the shoe shop and give him work where his fellow prisoners will not be so rude. "Sauer complains that his fellow workers in the shoe shop pass remarks and won't have anything to do with him because he is a slacker," Superintendent Smith declared. "He doesn't seem to like the atmosphere of the shoe shop. 'I believe he will never get good treatment from the other inmates because, while they will chat with a gunman or strike up a friendship with a thief, they have no use for a slacker.'"

with several American soldiers standing guard. Only Liberty was such a tall goddess that her (or rather his) head was lost in the clouds and she (he) had to skip off her (his) pedestal to be seen.

The general had invited all the children of the village to be present and they were installed on either side of the orchestra. The prefect and his family had provided a toy and the American Fund for French Wounded a small American flag for each child. These were distributed during one of the entr'actes and it was a joy to watch the sea of happy little faces on all sides.

After the performance the Americans returned to headquarters where a delicious tea awaited them. Then came goodbyes and they left feeling they had had a very wonderful day and were indeed fortunate to be numbered among the friends of this band of heroes.

## WATERS OF HOLLAND FROZEN OVER



For the first time in five years Holland has been suffering from the effects of heavy snowstorms and a bitter cold spell. The rivers and lakes were completely frozen over. The photograph shows commodities being carried from Monnikendam to Marken.

## Helps Save the Horses

Red Star Is Doing Great Work at Front.

Organization Aims to Do for the Horse What Red Cross Does for Man.

Albany, N. Y.—Everybody knows about the work being done by the Red Cross, but not so many are familiar with the Red Star, another relief organization that has been brought into existence by the war. The Red Star aims to do for horses what the Red Cross is doing for men, women and children—fighters and civilians who are feeling the effects of war.

The American Red Star Animal Relief, which is the official title of the Red Star, was organized some time ago at the request of the secretary of war by American Humane association. Dr. William O. Stillman, for 12 years president of the latter organization, is director general of the Red Star. The national headquarters is at Albany.

The American Red Star proposes to follow the lead of the Royal Society for the Prevention of Cruelty to Animals of England, which has hospitals behind the battle lines, equipped to care for 12,500 horses and has succeeded in curing 84 per cent of the animals which were turned over to its care by the British veterinary corps. Before this relief work was started, horses injured in battle were shot at once, now they are given surgical aid and returned to the front when cured. It is estimated that the work of this British society has saved the British government \$30,000,000 in horse flesh.

## DISCHARGED BIRDMAN HIT GROUND TOO HARD

Great Lakes, Ill.—Albert John Lindauer of Chicago applied at the Great Lakes Naval Training station for enlistment as a naval aviator.

"What experience have you had?" he was asked. "Five months in the army aviation section," he said. "Why did you quit?" "I was discharged. I made five ascents and broke five machines in lighting. I hit the ground too hard each time." Albert was accepted, but he was rated a second-class seaman, where he may break all the "swabs" he wants to massaging decks.

Mrs. Pearl Leach of Penobscot, Me., has given birth to her sixteenth child, and all are living. There are eight girls and eight boys.

## HATS OFF

By PAULINE WORTH HAMLIN of The Vigilantes.

A foreigner who witnessed a parade of soldiers on Fifth avenue was shocked that our men stood with their heads covered when the flag went by. A woman standing near him tried to explain that to the present generation war is a new thing and our men do not realize it is the proper thing to do.

The foreigner answered: "But how can they help but uncover their heads? They are not saluting a bunch of red, white and blue bunting! They are saluting their own wonderful country! They are saluting the blood of heroes! They are saluting Liberty, Justice, Truth and Right!"

When the next flag came by, off came all hats whose owners were within hearing of the foreigner's voice.

Why not, always?

## DADDY'S EVENING FAIRY TALE

By MARY GRAHAM BONNER

THE Aoudad. "Mr. Aoudad," said Daddy, "is a vain creature and I must tell you the story of him and of his conceit."

"Evidently he is an animal," said Dick. "Yes," said Nancy. "Daddy tells us of animals we've never heard of before. Often we're not sure they're animals. They may be birds or fish, for all we know."

"Maybe Mr. Aoudad is not an animal," said Dick. "He somehow sounded like one, but perhaps he's a bird." Daddy wouldn't give them any hint for quite a little time. He liked to hear them try to guess.

"Mr. Aoudad," he began, "is one of the Barbary wild sheep family, and a distant relation of our mountain sheep and goats."

"His home is in the north of Africa where he lives in the hottest, driest part of the country he can find."

"I suppose," said Nancy, "they can't put him in the zoos—or any of his family—here in America. We don't have hot, dry weather all the time. We have all sorts of weather."

"Strange to say," said Daddy, "he thrives in any zoo. He stands different climates far better than our own Rocky Mountain sheep and goats do. He doesn't seem to mind any kind of weather, though in his native land he chooses the hot and dry mountains."

"That's probably the kind he likes best of all," said Dick.

"Probably," said Nancy. "But I think he must be quite a fine animal not to be a weather grumbler."

"That's his very best point," said Daddy. "But as I began to tell you



### He Thought He Looked Very Fine.

he is very vain. Once he was standing on top of a high rock over in the mountains of his home.

"He posed and stood first this way, and then that. He held his head high, then he dropped it a little. He looked as though ready for a great battle and attack, and then looked gentle and pleasant, with a different change of pose each time."

"He thought he looked very fine on the high rocky peak and the thought that he was so handsome made him very happy. Pretty soon several creatures came along—they were cousins of his but not nearly so handsome. Still they were rather vain, too, and liked to think they were fine looking."

"How do you do?" they said. "What in the world are you doing?"

"Posing for my picture," said Mr. Aoudad.

"Who is going to take it?" asked his cousins.

"I didn't say anyone was going to take my picture," answered Mr. Aoudad. "I said I was posing for it. That means I am getting in fine positions so that should I ever want to have my picture taken I would know just how to stand so I would look my best."

"I would never have a photographer say to me, 'Now, hold your head a little to one side, please. And smile—just a trifle.' No, I would know how to stand and look."

"Of course that must be a fine thing to know," said the cousins. "We do believe we'll go home to our rocky peaks and try the same thing. It would be so useful to know how to stand for our photographs."

"I'm not so sure that it would be useful," said Mr. Aoudad, "but it's very nice practicing at any rate. And I've heard of another animal who does just the same thing."

"Who?" asked the cousins.

"The peacock, they say, is as vain as we are. Yes, I've heard that nothing pleases the peacock more than to admire himself. And I think I'd rather like to meet him. I'd say, 'You've got a great deal of good sense, old chap. There is nothing in the world like appreciating ourselves.'"

"What is the peacock proud of?" asked the aoudad cousins.

"He has a marvelous tail of many colors and beautiful feathers," said Mr. Aoudad. "But we have big curved horns and shaggy hair. And not only are we fine looking but we are wild and strong. We don't look where we're going, because we go just where we want to, and bump into anything that gets in our way." And that," ended Daddy, "is perfectly true."

What Papa Meant.

"Mamma," asked a little three-year-old miss, "is papa's picture torn?"

"Not that I know of, dear. Why do you ask?" replied her mother. "Because," answered the little one, "this morning he said, 'Darn my picture.'"

Neglected Colds bring Pneumonia

**CASCARA QUININE**

The old family remedy—in tablet form—safe, sure, easy to take. No griping—no unpleasant after effects. Cures colds in 24 hours—Grip in 3 days. Money back if it fails. Get the genuine box with Red Top and Mr. Hill's picture on it. 24 Tablets for 25c. At Any Drug Store.

Inflammation and Swellings of all kinds in livestock can be quickly reduced by using Dr. David Roberts' Antiseptic Poultice. One package makes ten pounds of Poultice. Read the Practical Home Veterinarian Book for free booklet on Abscesses in Cows. If no dealer in your town, write Dr. David Roberts' Vet. Co., 100 Broad Avenue, Waterville, Me.

**DODD'S KIDNEY PILLS**

Insist on the name with three D's and enjoy freedom from kidney ills. At all druggists.

**PARKER'S HAIR BALM**

A toilet preparation of merit. Helps to eradicate dandruff. For Restoring Color and Beauty to Gray or Faded Hair. 50c and \$1.00 at Druggists.

The Substitute. "Is Mrs. Gaddy good at knitting sweaters?" "No, but she's capital at unraveling yarns."

IMITATION IS SINCEREST FLATTERY but like counterfeit money the imitation has not the worth of the original. Insist on "La Creole" Hair Dressing—it's the original. Darkens your hair in the natural way, but contains no dye. Price \$1.00.—Adv.

## FOUND HIS LABOR WASTED

Three Hours' Tedious Work by Blind Writer Made Ineffective by Small Thing He Overlooked.

Captain Nobbs, British officer, blinded by a rifle shot, after his sight was lost, published a book, "On the Right of the British Line," and, in telling how he wrote it, relates this incident:

"My wife typed half of it and I typed half myself, and, as typing to me is like doing the one-finger exercise on the piano, it was rather a laborious job, and used often to carry me into the early hours of the morning, as of course I could not start until after I arrived home from the office. I remember on one occasion staying up until 1:30 in the morning to type the chapter called 'Death Valley.' It took me quite three hours to type three pages. I sat alone in the dark, because everyone else had gone to bed, and under such circumstances I prefer being in the dark, otherwise I might forget to turn out the light when I had finished, and also, incidentally, because it is waste of money to burn electricity simply on my account (so you see there are advantages and economies in being blind). The next morning I asked a friend to read over to me the three pages which I had typed, and was told the pages were blank (the ribbon had evidently been displaced)."

The Nearest He Ever Came. "Did Bilgins ever do a day's work?" "One that I know of. He spent a whole Fourth of July setting off fireworks."

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A Conserving Food of The recognized value of **Grape-Nuts** as a "saving" food for these serious times, rests upon real merit. Unlike the ordinary cereal Grape-Nuts requires no sugar, little milk or cream, and requires no cooking or other preparation in serving. A trial is well worth while for those who sincerely desire to save. "There's a Reason"